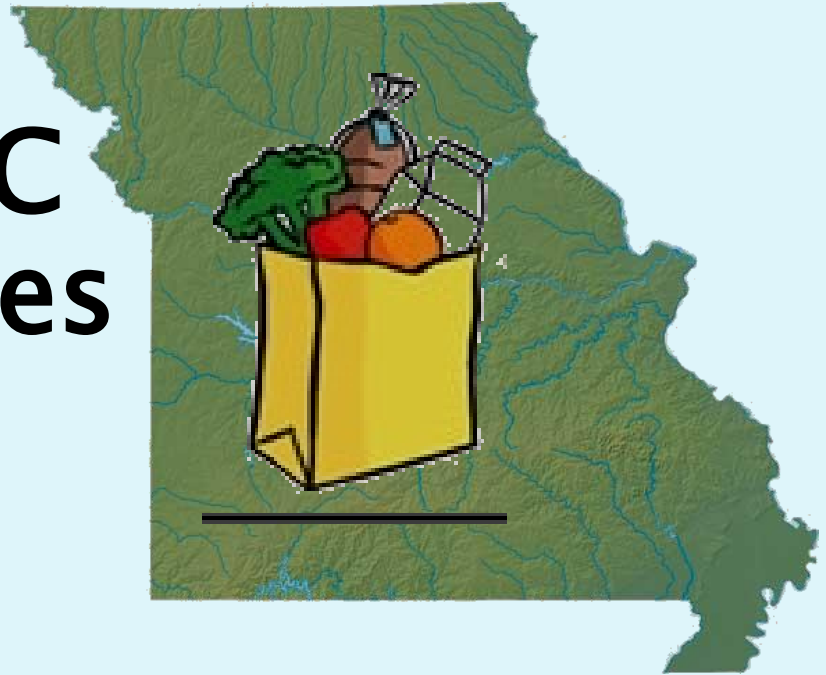
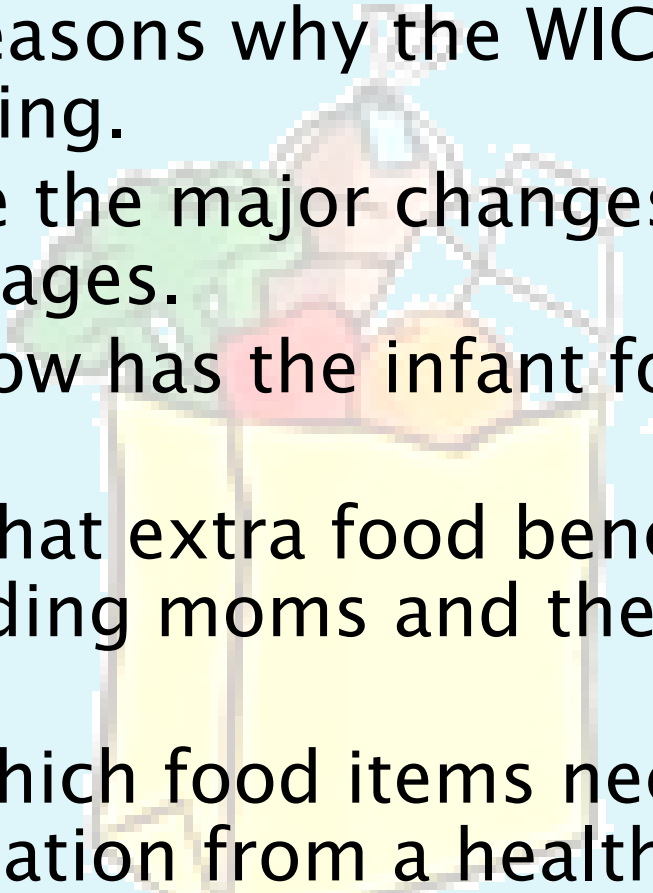


The NEW Missouri WIC Food Packages

*Food and
Focus!*



Objectives

- 
1. Identify reasons why the WIC food packages are changing.
 2. Recognize the major changes to the WIC food packages.
 3. Identify how has the infant food package changed.
 4. Identify what extra food benefits a fully breastfeeding moms and their babies receive.
 5. Identify which food items need a medical documentation from a health care provider.

Background to WIC Food Packages ...1974



The WIC food packages were designed to supplement participants' diets with foods rich in **five** (5) target nutrients known to be lacking in the diets of the WIC target population:

vitamins A and **C**, **calcium**, **iron** and **protein**.

History of WIC Foods

- ▶ No change in WIC food packages since 1980
- ▶ 1992 amount of foods provided for breastfeeding women was increased
- ▶ Requests to revise the WIC food packages from: advocacy groups, congress, medical and scientific communities, WIC administrators, and WIC participants



Major Changes to WIC Foods

▶ New foods

- Fruits and vegetables
- Whole wheat/grain breads
- Infant foods

▶ New alternatives

- Soy beverage
- Tofu
- Brown rice or whole wheat tortillas
- Canned beans
- Canned fish



▶ New quantities

- Milk, egg, juice and cheese are reduced for women and children
- Juice is eliminated from infant packages
- Quantities of infant formula are reduced for partially breastfed and older infants

WIC Approved Food List

For Women and Children

Milk

Allowed

- Any brand
- Reduced/Low Fat milk (skim, 1%, 1%, 2%)
- Whole milk (if printed on WIC check)
- Plastic container size as printed on WIC check
- Cultured buttermilk (quart size)
- Evaporated milk, store brand only (12 oz can)
- Non-fat, dry milk, store brand only (8 quart box)

Not Allowed

- Filled milk
- Flavored milk
- Organic milk
- Substitutions
- Sweetened condensed milk

Specialty Milk

- Type and size will be printed on WIC check

Cheese

Allowed

- Store brand only, block, natural, domestic, American, Cheddar (extra sharp, sharp, medium or mild), Colby, Colby Jack, Monterey Jack, Mozzarella
- cheeses part skim or whole (8 or 16 oz)
- Store brand sliced American cheese only

Not Allowed

- Cheese additives
- Deli cheese
- Cheese food
- Cheese spread
- Cheese product
- Cholesterol-reduced cheese
- Individually wrapped slices
- Low Fat/Fat Free cheese
- String cheese
- Grated cheese
- Flavored cheese
- Shredded cheese
- Organic

Eggs

Allowed

- Large, white, grade A or AA (1 dozen package)

Not Allowed

- Low cholesterol eggs
- Organic eggs
- Specialty eggs
- Brown eggs

Dry Beans & Peas

Allowed

- Any variety of plain, mature dried beans, peas or lentils (16 oz package)
- Store brand only

Not Allowed

- Organic products
- Additives or flavors

Peanut Butter

Allowed

- Smooth, creamy or regular, store brand only (18 oz jar)

Not Allowed

- Crunchy peanut butter
- Low fat peanut butter
- Low salt/sodium peanut butter
- Organic peanut butter
- Mixtures with jams, jellies or honey

Canned Beans

- Bush's Best brand (16 oz can) only
- Garbanzo, Kidney, Pinto, and Red Beans



Whole Wheat/Whole Grain Breads



Whole Grain Tortillas



Brown Rice

- Whole unprocessed grain
- 16 or 32 oz store brand packages
- No instant rice



Soy Milk

- (issued if meets criteria)



Tofu (issued if meets criteria)

- Mori-Nu Brand:
 - Silken Tofu Soft (12 oz)
 - Silken Tofu Firm (12.3 oz)
 - Silken Tofu Extra Firm (12.3 oz)
 - Silken Lite Tofu Firm (12.3 oz)
 - Organic Silken Tofu Firm (12.3 oz)
- Azumaya Brand:
 - Firm Tofu (14 oz)
- NaSoya Brand:
 - Firm Tofu/Organic (14 oz)
 - Silken Tofu/Organic (16 oz)



For Infants

Infant Formula

- Brand, type and size printed on WIC check



Infant Cereal

- Plain, dry only (8 or 16 oz)



Infant Fruit

- Only Applesauce, Apricot, Banana, Peach and Pears (4 oz jar)
- Any texture
- No mixed fruits



Infant Vegetables

- Only Carrots, Green Beans, Peas, Squash and Sweet Potatoes (4 oz jar)
- Any texture
- No mixed vegetables



Infant foods not allowed: Organic, Multiple-packs, and added DHA/ARA.

For Fully Breastfed Infants Only

Infant Meats

- Only Beef, Chicken, Ham, Lamb, Turkey and Veal (2.5 oz jar)
- Any texture, with broth or gravy



For Fully Breastfeeding Women

Canned Fish

- Light Tuna, water packed (5 or 6 oz)
- Chunk, solid or grated
- Pink Salmon (5.6, or 7.5 oz)
- Water packed only
- Sardines (3.75 oz)
- Water or soybean oil packed



Missouri Department of Health and Senior Services
WIC and Nutrition Services
P.O. Box 570
Jefferson City, MO 65102-0570
573-751-6804

www.dhss.mo.gov/wic

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Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 573-751-6804. Hearing and speech impaired citizens telephone 1-800-735-2686. VOICED 1-800-735-2686.

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WIC-940 (09-09)

Missouri
WIC
Special Supplemental Nutrition Program
for Women, Infants and Children

Approved Food List

eating well &
staying healthy



Effective October 1, 2009 -
September 30, 2011



NEW

<http://www.dhss.mo.gov/wic/FoodPackages/index.html>



Section 1

The Breastfeeding Dyad

NOTE: Participant needs to tell the nutritionist if they need changes on WIC checks

Breastfeeding Incentives and Support

- ▶ Missouri WIC promotes breastfeeding as the preferred infant feeding method
- ▶ Health outcomes for both mother and infants are improved by breastfeeding
- ▶ Every mother should breastfeed for at least 1 year unless advised otherwise by a physician
- ▶ Breast pumps are provided for breastfeeding moms
- ▶ Fully breastfeeding infants and moms receive the best food package



Fully Breastfeeding Mothers

- ▶ Fully breastfeeding mothers receive the most variety, largest quantity of food and a \$10 fruit and vegetable check for fruits and vegetables.



Fully Breastfeeding Infants

- ▶ Fully breastfed infants (6 – 12 months) receive infant meats and larger quantities of infant fruits and vegetables.

**Mother's
food package
is determined
by baby's
feeding option**



A large assortment of groceries is displayed on a white surface. In the back row, there are five large milk jugs with different colored caps (blue, blue, green, pink, blue). To the left of the milk jugs are several cans of soups (Campbell's Soup, soups with beans, soups with meat, soups with vegetables) and a can of evaporated milk. In the middle row, there is a box of Instant Oatmeal, a bag of tortillas, a box of cereal (Tostitos), a box of cheese (Cheddar), a box of tomato juice (Always Save), a box of pineapple juice (Tostitos), a jar of peanut butter, and a box of cereal (Tostitos). In the front row, there are fresh produce items including bananas, carrots, cauliflower, broccoli, two halves of a cantaloupe, two red apples, two green apples, and a bunch of green beans. There are also two trays of eggs (one white, one brown) and a box of cereal (Tostitos).

Partially Breastfeeding Food Package



Partially Breastfeeding > Max Food Package



Non-Breastfeeding Food Package



Changes to the Infant Food Package

1. No routine issuance of formula in first month to help mother establish and maintain milk supply
2. Mom needs to request formula for her infant
3. No juice for infants
4. Infant cereal provided at 6 months
5. Infant food provided at 6 months: Fruit Vegetables and Meats*



*** ONLY ISSUED TO A FULLY BREASTFED INFANT**

New Food Packages for Partially Breastfeeding Infants

- ▶ Partially breastfed infants receive less infant formula **to allow mothers to feed more breast milk** to their infants.
- ▶ No routine issuance of formula in first month to help mother maintain milk supply
- ▶ Breastfeeding moms with infants over 6 months of age receiving more than $\frac{1}{2}$ the amount of formula in an infant formula food package:
 - No longer receive food for themselves
 - Are counted as participating on the WIC program as breastfeeding women
 - Are given support and education to continue breastfeeding





Section 2

Children and Women

NOTE: Participant needs to tell the nutritionist if they need changes on WIC checks

Reduced Quantities: Milk, Cheese, Juice and Eggs

Amounts align with
the 2005 Dietary
Guidelines for
Americans and
recommendations
of the American
Academy of
Pediatrics



Add Whole Grain Selections

- ▶ Whole Wheat Bread
or
- ▶ Whole Wheat Tortilla
or
- ▶ Soft Corn Tortilla
or
- ▶ Brown Rice



Add Legumes

- ▶ Adds legumes to food package for postpartum women to improve the intake of iron, folate, Vitamin E, and fiber.
- ▶ Allows canned beans to be substituted for dried beans for all children and women.



Add New Milk and Dairy Alternatives

- ▶ Tofu
- ▶ Soy-based beverage

Medical documentation is required for children to receive soy-based beverage and tofu as alternatives to milk.



Add New Canned Fish for Fully Breastfeeding Women

- ▶ Continues to allow canned light tuna (no albacore)
- ▶ Allows other canned fish identified as lower in mercury
 - Salmon
 - Sardines




Add Fruits and Vegetables

- ▶ Fruit and Vegetable
Check FVC for fruits and vegetables for children and women
- ▶ Participants may choose from a wide variety of fruits and vegetables
- ▶ Fresh and frozen allowed



Children	\$6.00
Pregnant Women	\$8.00
Pregnant Women Carrying Multiples.....	\$10.00
Partially Breastfeeding Women.....	\$8.00
Non-Breastfeeding Women.....	\$8.00
Fully Breastfeeding Women	\$10.00
Fully Breastfeeding Multiples	\$15.00

Fruit and Vegetable Check

PARTICIPANT # 60056689	LAST NAME DAY	FIRST NAME DORIS	AGENCY # 12345	PHONE # 573-555-9876
 MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES WIC PROGRAM		UNITED COMMUNITY BANK MARIETTA, GA 66-1508 611		DOLLARS VOID CENTS PAY EXACTLY
PAY TO THE ORDER OF ANY AUTHORIZED MISSOURI WIC VENDOR ONLY		MAXIMUM PURCHASE PRICE MUST NOT EXCEED 6.00		FIRST DATE TO USE 3/19/2009 DATE USED 4/18/2009 LAST DATE TO USE
VALID ONLY FOR THE PURCHASE OF:				
QTY	DESCRIPTION			
\$6.00	FRESH AND/OR FROZEN FRUITS/ VEGETABLES XXX END OF ORDER XXX			
VENDOR MUST DEPOSIT WITHIN 60 DAYS FROM FIRST DAY TO USE DATE				
VOID				
PLACE MISSOURI WIC STAMP ABOVE PARTICIPANT'S SIGNATURE				
VOID				

SHOPPING GUIDE FOR BUYING FRUITS AND VEGETABLES

SHOPPING GUIDE FOR BUYING FRUITS AND VEGETABLES

This shopping guide is to assist you in getting the most for your WIC fruit and vegetable check. Use this shopping list to keep track of your fruit and vegetable purchases. When choosing fruits or vegetables that are priced by the pound, please complete the following steps:

- Place the item on the scale in the produce section..
- Round the weight up to the nearest pound or half pound.
- Estimate the cost of the item based on this chart below.
- Write the item and price on this shopping list.

When you get to the check out counter, sort your foods. First, be sure to place the fresh fruits and vegetables on the conveyor belt or counter, then follow with the frozen fruits and vegetables.

REMINDERS:

1. More than one WIC check for fruits and vegetables may be added together for one WIC sale. Other WIC food checks must be rung up separately.
2. Your fruit and vegetable purchases must be the amount of the WIC check (\$6, \$8, or \$10) or less. You may NOT pay the difference if your purchases exceed the WIC check amount. You may have to return some item(s) to reduce the amount of the sale to the amount of the WIC check or less.

Price per lb.	1 lb.	1½ lbs.	2 lbs.	2½ lbs.	3 lbs.	3½ lbs.	4 lbs.	4½ lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	8.06
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	10.31
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	10.76
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96	11.21
2.59	2.59	3.89	5.18	6.48	7.77	9.02	10.36	11.66
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76	12.11
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16	12.56
2.89	2.89	4.34	5.78	7.23	8.67	10.12	11.56	13.01
2.99	2.99	4.49	5.98	7.48	8.97	10.47	11.96	13.46
3.09	3.09	4.64	6.18	5.23	9.27	10.82	12.36	13.91
3.19	3.19	4.79	6.38	7.98	9.57	11.17	12.76	14.36
3.29	3.29	4.94	6.58	8.23	9.87	11.52	13.16	14.81
3.39	3.39	5.09	6.78	8.48	10.17	11.87	13.56	15.26
3.49	3.49	5.24	6.98	8.73	10.47	12.22	13.96	15.71

SHOPPING LIST			
Fresh Produce Priced by the Pound (Will need to be weighed)			
Item	Price	by Pound	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Estimated Total:			_____
Fixed Price – Fruits & Vegetables			
Item	Price	Quantity	Total
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
Estimated Total:			_____
Frozen Fruits & Vegetables			
Item	Price	Quantity	Total
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
Estimated Total:			_____
Estimated Grand Total: _____			



WIC IS AN EQUAL OPPORTUNITY PROVIDER

#1004 (06-

Medical Documentation

WIC 27

- Medical documentation ensures that the participant's physician has determined that foods provided by WIC will not cause harm.
- Medical documentation covers food; medical prescriptions do not.
- Medical documentation from the physician is needed before WIC can issue special formulas, soy milk and tofu for children.

**MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
WIC AND NUTRITION SERVICES
Medical Documentation
Health Care Provider Authorization Form**

Medical documentation is federally required to ensure that the patient under your care has a medical condition that requires the use of specialty formula and that conventional foods are precluded, restricted, or inadequate to meet their special nutritional needs.

Instructions: Complete sections A and D for all patients.
 • To request a specialty formula and supplemental foods, also complete section B.
 • To request a soy beverage, tofu or additional cheese, also complete section C.

The Missouri WIC Program will not authorize issuance for:
 • Nonspecific symptoms, such as intolerance, fussiness, gas, spitting up, constipation, or colic.
 • Enhancing nutrient intake or managing body weight without an underlying medical condition.

Fax form to WIC clinic or have WIC participant return form to clinic.

Local Agency: _____
 Phone: _____
 Fax: _____

A. Patient Information (Completed by Physician Office Staff)

Patient's Name: (Last, First, MI): _____ DOB: _____

Parent/Caregiver's Name: _____ Height: _____ Weight: _____ HGB: _____

Medical Reason/Dx: (Qualifying Condition) _____
 *MO WIC Risk Factor eligibility in parenthesis.

☐ Prematurity (*RF 142) ☐ Low Birth Weight (*RF 141) ☐ Failure to Thrive (*RF 134) ☐ Metabolic Disorders (*RF 355)
☐ Gastrointestinal Disorders (*RF 342) ☐ Malabsorption Syndromes (*RF 341) ☐ Immune System Disorder (*RF 300) ☐ Severe Food Allergy (*RF 353)

☐ Other-Describe (Life Threatening Disorders, Diseases and Medical Conditions that impair digestion, absorption, or utilization of nutrients that could adversely affect the participant's nutrition status). (*RF341-352)

Approval Length: ☐ 1 month ☐ 2 months ☐ 3 months ☐ 4 months ☐ 5 months ☐ 6 months (max)

B. Specialty Formula and WIC Supplemental Foods (Completed by Physician Office Staff)

Formula Requested (see approved list on back): _____
 Prescribed Amount: ☐ maximum allowable OR ☐ _____ oz/day

Special Instructions/Mixing for Formula Requested: _____

Supplemental Food: (check one)
☐ Issue full provision of age appropriate supplemental foods.
☐ No WIC supplemental foods; provide formula only.
☐ Issue a modified food package omitting the supplemental foods checked below.

Special Instructions for Supplemental Food: _____

WIC Participant Category: _____ WIC Supplemental Foods (Check Food to Omit): _____
 Infants (0-11 mos) ☐ Infant Cereal ☐ Infant Fruits/Vegetables
 Children (1-4 yrs) & Women ☐ Milk* ☐ Cheese ☐ Eggs ☐ Juice ☐ Breakfast Cereals
☐ Legumes ☐ Peanut Butter ☐ Fruits and Vegetables
☐ Whole Grains ☐ Fish (fully breastfeeding women only)

*WIC provides low fat milk for women and children < 2 years of age. Whole Milk may be issued only to patients receiving specialty formula whose medical condition qualifies them. Only whole milk will be issued to 1 year olds.

C. Soy Beverage, Tofu or Additional Cheese (Completed by Physician Office Staff)

Check the boxes below to prescribe soy beverage, tofu or additional cheese:
☐ Soy Beverage or Tofu for Children ☐ > 1 lb Cheese for Women or Children
☐ > 4 lbs Tofu for Women (Prenatal, & Partially or Non-Breastfeeding) ☐ > 8 lbs Tofu (for fully Breastfeeding Women)

Diagnosis (required): ☐ Milk Allergy ☐ Severe Lactose Malabsorption ☐ Vegan Diet
 *Personal Preference is NOT an Allowed Reason.

*Cheese, Tofu, & Soy Beverage amounts will be deducted from the maximum monthly allowance for reduced/low-fat milk, based on participant category.

D. Health Care Provider Information (Completed by Prescriptive Authority Licensed by the State)

Signature of Health Care Provider: _____
 Provider's Name: (please print) _____ ☐ MD ☐ DO ☐ PA ☐ NP
 Phone Number: _____ Date: _____

MO 580-2813 (10-09) WIC-27

<http://www.dhss.mo.gov/wic/FoodPackages/InfoforLWPs.html>

When is Medical Documentation Required?

- ▶ Special infant formulas
- ▶ Any infant formula for children
- ▶ Medical foods for women and children
- ▶ Whole milk for anyone 2 years and older



Medical Documentation (Continued)

Cheese

- Greater than 1 pound for children and prenatal, partially breastfeeding and non-breastfeeding women
- Greater than 2 pounds for fully breastfeeding women

Soy beverage

- For children (1–4 years old)

Tofu

- Greater than 4 pounds for prenatal, partially and non-breastfeeding women
- Greater than 6 pounds for fully breastfeeding women
- Children any amount



October 1, 2009

New WIC Food Packages are coming in October 2009!



Food Packages will include:



*Baby food fruits and
vegetables*



*Cash value checks for
children and women to
purchase fresh and/or
frozen fruits and
vegetables.*

AN EQUAL OPPORTUNITY / AFFIRMATIVE ACTION EMPLOYER: Services provided on a nondiscriminatory basis.

Sources:

- ▶ Food and Nutrition Service. WIC Food Packages.
<http://www.fns.usda.gov/wic/benefitsandservices/foodpkg.htm>
- ▶ WIC Works Resource System. New WIC Food Packages Resources for WIC Staff.
http://www.nal.usda.gov/wicworks/Learning_Center/Food_Packages.html
- ▶ Food and Nutrition Service (FNS). WIC Food Packages.
<http://www.fns.usda.gov/wic/benefitsandservices/foodpkg.htm>
- ▶ California WIC Association. New WIC Foods: WICConnect <http://www.calwic.org/newfood.aspx>